

# DINNERLY



## Reduced-Carb Spicy Korean Beef Bowl

with Kale, Radish and Peanuts



25 minutes



2 Servings

This rainbow-hued bowl stars beef stir-fried in a Korean fermented chilli paste. Served with tangy pickled veggies and nutritious kale, it's a feast for the tastebuds as well as the eyes.

## WHAT WE SEND

- 40g radish
- 1 carrot
- 100g kale
- 20g peanuts <sup>5</sup>
- beef stir-fry
- 30g Korean chilli paste <sup>1,6</sup>

## WHAT YOU NEED

- 1 tbs white vinegar
- 1½ tbs vegetable oil
- 2 eggs (optional) <sup>3</sup>
- 2 tsp soy sauce <sup>6</sup>
- 1 tsp honey

## TOOLS

- mandoline (optional)
- julienne peeler or box grater
- medium frypan

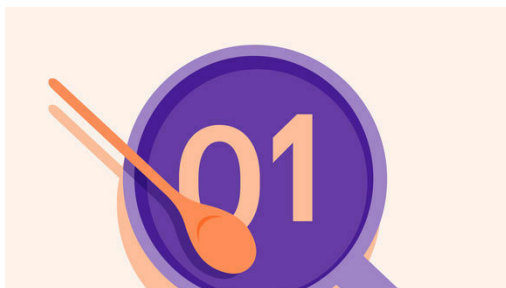
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Egg (3), Peanuts (5), Soy (6).  
May contain traces of other allergens.

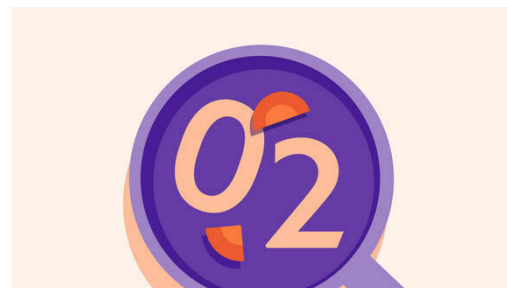
## NUTRITION PER SERVING

Energy 570kcal, Fat 25.6g, Carbs 13.1g,  
Proteins 51.8g



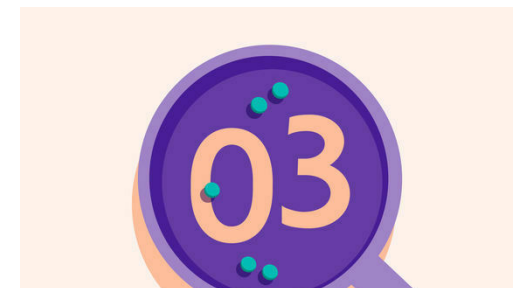
### 1. Prep ingredients

Thinly slice the **radish** with a sharp knife or mandoline. Peel the **carrot** and shred using a julienne peeler or coarsely grate with a box grater. Remove the tough inner stems from the **kale**, then coarsely chop the leaves. Coarsely chop the **peanuts**.



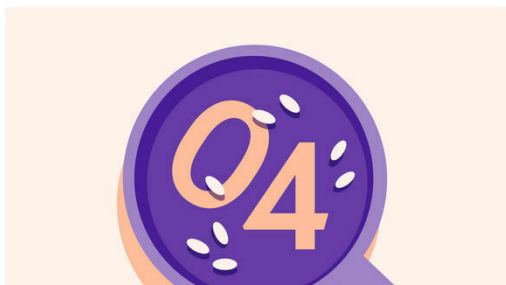
### 2. Pickle veggies

Put **1 tbs white vinegar** in a large bowl. Add the **radish** and **carrot** and toss to combine. Set aside to pickle, tossing occasionally, until needed.



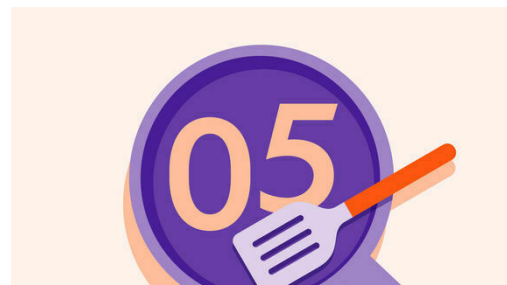
### 3. Fry eggs

Heat **1 tsp vegetable oil** in a medium frypan over medium heat. Crack **2 eggs**, if using, into the pan and cook for 3-4 mins until just set or cooked to your liking. Remove from the pan, reserving the pan.



### 4. Stir-fry beef

Separate the **beef stir-fry**. Heat **2 tsp vegetable oil** in the same pan over high heat. Stir-fry the beef for 1-2 mins until browned. Add the **chilli paste**, **2 tsp soy sauce** and **1 tsp honey** and stir-fry for 1 min or until the beef is cooked through. Taste, then season with **salt and pepper**. Remove the pan from the heat.



### 5. Serve up

Put the **kale** and **3 tsp vegetable oil** in a large bowl, season with **salt and pepper** and massage for 1 min or until softened (see Kitchen 101). Drain the **pickled veggies**, discarding the pickling liquid. Divide the **kale**, **beef** and pickled veggies among bowls, top with the **egg** and scatter over the **peanuts**. Enjoy!



### 6. Kitchen 101

Yes, you read it correctly – kale needs to be massaged! This helps to break down the tough fibres, making it tender and easier to eat. Gently pinch and squeeze the leaves until they start to shrink, soften and darken a little.